

On behalf of the European Speed Skating Conference and
Polish Speed Skating Association,
We have the honor and pleasure to invite you to a Competition of the

2nd Edition of the European Cup Speed Skating Competitions 2019/20

which will be held at Arena Lodowa
in Tomaszów Mazowiecki, Poland
on Saturday, December 14 and Sunday, December 15, 2019

The competition will be held under the 2018 ISU General Regulations, Special Regulations and Technical Rules for Speed Skating and European Speed Skating Conference Communication

PROGRAM

Friday, December 13	16:00	Team leaders' Meeting, Olympic Sports Centre in Spała	
	18:00	Opening draw, Olympic Sports Centre in Spała	
Saturday, December 14	10:00	Ladies and Men all divisions	500m
		Ladies and Men Juniors/Neo-seniors	1500m
		Ladies and Men Seniors	3000m
		Ladies and Men Juniors/Neo-seniors	Mass Start 10 laps
		Ladies and Men Seniors	Mass Start 16 laps
Sunday, December 15	10:00	Ladies and Men Juniors/Neo-seniors	1000m
		Ladies and Men Seniors	1500m
		Ladies and Men Juniors	3000m
		Ladies and Men Neo-seniors/Seniors	5000m
		Mix Gender	8 laps relay

Quartet starts will be used in the 3000m and 5000m (and may be used for 1000m and 1500m) depends on the number of entries.

TRACK

A standard speed skating track of 400 meters to the lap laid out at Arena Lodowa an artificially frozen indoor skating rink Tomaszów Mazowiecki. The radii of the inner and outer competition lanes are 26 and 30 meters, respectively. The width of the inside training lane is 4 meters.

ENTRIES

Entry Fee for this competition is 20 (twenty) Euro per Skater. Payment have to be done to the Organizing Committee in EURO, Cash or Credit card (Visa, MasterCard) before the Team Leaders Meeting.

Entries for this competition will be restricted and must be made according to European Speed Skating Conference Communication, paragraph 4.

Participation is open to Junior A and B Skaters, born between July 1, 2000 and June 30, 2004, Neo-seniors Skaters born between July 1, 2000 – June 30, 1996, Senior Skaters born on July 1, 1996 and earlier.

ISU Members or its affiliated Clubs must send their entries to the Speed Skating Competition Manager (SSCM) website. The link to the SSCM is <https://sscm.speedskatingnews.info>. The entry process is done in a few steps:

1. Create your personal account, with firstname, lastname, club, country, email address and password. Alternatively, you can register with your Facebook or Google account.
2. After sending your registration you will receive a registration confirmation email. Confirm the link in the email. Check the SPAM folder of your email client, if you didn't receive an email.
3. Login to the SSCM with your email address and password (or your social media account)
4. Go to tab "My skaters", and press "Add skater" button and follow the instruction. The skater list shall contain all skaters you are responsible for.
5. Go to tab "List of new competitions" and sign in the relevant competitions.
6. Go to tab "My competitions" to check out all relevant competition information
7. Click "Entry skater" button and make the entries for your skaters

The steps 1-4 need to be done just one time. In case of technical problems, please don't hesitate and make use of the contact form at the bottom of the webpage.

Technical requirements: the SSCM runs on every modern web browser with Javascript enabled. It is recommended to use Chrome > v70, Firefox > v63, Safari v12 or Internet Explorer Edge. Older browsers can result in unwanted behavior.

The entries must indicate the best time on the distance(s) to be skated by each entered Competitor as well as intention to participate in Mass Start and/or allround classification.

Preliminary entries, giving the estimated number of Competitors and the number of coaches and other team staff, as well as provisional names of the Competitors and Team leader must be communicated at the latest by Wednesday November 13, 2019

Final entries including the names of the Competitors and available substitutes, as well as the names of the Team leader, coaches and other team staff for whom an accreditation is required must reach the Organizing Committee at the latest by 12:00 noon (local time) on Monday, December 9, 2019

Please note that entries can be made by the ISU Members or its Affiliated Clubs, the procedures regarding the entry of the skaters shall be clarified by the ISU Members Federations.

ENTRY QUOTAS

An ISU Member or its Affiliated Club may enter a maximum of 20 Competitors (10 Ladies and 10 Men). It is a decision of the ISU Member or its Affiliated Club to enter the Skaters at any of the available divisions. A Skater from a "younger" division may race in the "older" division but not vice versa.

Each ISU Member or its Affiliated Club can only enter 1 Mixed Gender Team in each division. A Junior Skater may take part in a team competitions in the Neo-senior or Senior division, but not vice versa. A Neo-senior Skater may take part in a team competitions in the Senior division, but not vice versa. Each Team consists of 4 skaters (2 Ladies and 2 Men Skaters).

QUALIFYING TIMES

Entered Skaters (including substitutes) must have achieved applicable qualifying times for the respective distances, as listed in European Conference Communication, paragraph 4.3:

	Division "Juniors"			
	500m	1000m	1500m	3000m
Ladies	47,00	1.34,00	2.26,00	5.12,00
Men	43,00	1.26,00	2.13,00	4.37,00
	Division "Neo-seniors"			
	500m	1000m	1500m	3000m or 5000m
Ladies	44,50	1.29,00	2.17,50	4.55,00 or 8.25,00
Men	39,50	1.19,00	2.02,50	4.20,00 or 7.40,00
Division "Seniors"				

	500m	1500m	3000m	5000m
Ladies	42,50	1.25,00	2.11,50	4.43,00 or 8.05,00
Men	37,50	1.15,00	1.56,50,50	4.08,00 or 7.20,00
For allround competition Skater must achieve any of 2 listed qualifying time limits				
For Mass start any of the listed qualifying time limits apply				
For Team competitions any of the listed qualifying time limits apply				

For a result to be a valid as a qualifying time, it must have been achieved in the period between July 1, 2018 and the entry deadline for the European Cup Speed Skating Competitions 2019/20 concerned. Documentation (specifying date and venue of the competition) of the achieved time must be submitted together with the entries.

MASS START RACES

Mass start races will be organized in accordance with Rule 253, paragraph 4 b), with specific rules and adjustments as mentioned in ISU Communication No. 2195 or any further update. The distance will be 10 laps for both Ladies and Men Junior and Neo-senior Competitions. The distance will be 16 laps for both Ladies and Men Senior Competitions.

MIXED GENDER TEAM RACES

The competitions will consist of National teams and/or Club teams of 4 Skaters (2 Ladies and 2 Men). Distances are 6 or 8 laps for every division.

The deadline for entry of names of the Skaters that may compete in the Team (possibly more than 4 names) will be announced by the Referee at the Team leaders' meeting the day before the first competition day.

The final composition of the team shall be declared by the Team leader not later than 60 minutes before the start of the Team event concerned.

The drawing of the Team Competition will be done by lot.

The Relay Area shall be marked with cones by Referee. Every Skater from the Team has to take the Relay at least once per race and cover at least 2 (two) laps.

Only Racing lanes must be used for this Competition. The Warm-up lane shall be used for the skaters who are not in the race.

GROUPING AND DRAWING PROCEDURES

The grouping and drawing of pairs will be according to European Conference Communication, paragraph 6.

POINTS

For each distance European Cup points will be awarded according to European Conference Communication, paragraph 7.2.

PRIZES

Special medals will be presented to the three (3) best Skaters in each event (distance) in each Division. Special Cups will be presented to the three (3) best Allround classification Skaters in each Division.

ANTI-DOPING

Doping tests may be carried out at this Competition in accordance with the valid ISU Anti-Doping Rules and ISU Anti-Doping Procedures (ISU Communications No. 1871, 1872, 1922 & 1970 or any further update of these Communications).

TRAINING TIMES

The speed skating track will be open for training for entered Competitors on *Monday, December 9* from

10:00. The Organizing Committee will arrange free ice training on Friday, December 13, from 10:05 – 11:55 for all participating teams. Trial starts will be organized on *Friday, December 13, 2019 from 11:10 – 11:55*.

Ice fee for practices for each training session (90 minutes) will be charged 10 Euro per skater.

Only accredited Competitors, substitutes and team officials will be allowed to enter the ice-rink during the official training hours.

LIABILITY

The Organizing Committee assume no responsibility for or liability with respect to bodily or personal injury or property loss or damage incurred in connection with the European Cup Speed Skating. Each Member or its Affiliated Club is solely responsible for providing insurance coverage thereto.

BOARD AND LODGING

Participating ISU Members will have to bear expenses for accommodation for all participating Skaters and team officials.

The cost of a room and meal at the official hotel(s) will be as follows (including all taxes):

Single Room occupancy: 70,- Euro per person per night. Prices including meals and drinks.

Double Room occupancy; 60,- Euro per person per night. Prices including meals and drinks.

Payment: Cash in [PLN, EUR or USD] or credit card [VISA, Mastercard +2% handling charges].

All arrangements for accommodation must be made through the Organizing Committee.

Team shall transfer a 50% prepayment of the accommodation cost to the Organizing Committee by November 15, 2019.

TRANSPORTATION

On request the Organizing Committee will provide bus transportation from Monday, December 09, until Monday, December 16, 2019 between:

- Warsaw International Airport "Chopin" or Warsaw Central Railway Station and the official hotels
Price: Euro 30,- / Person / one way.

The Organizing Committee would like to be informed about the time of arrival and departure (incl. flight details) of the competitors and team officials as soon as possible, but not later than 12:00 and Monday, December 2. 2019

VISA INFORMATION

ISU Members requiring an official invitation letter in order to apply for a visa must contact the Organizing Committee

ORGANIZING COMMITTEE – ENTRIES AND INQUIRIES

All inquiries should be addressed to the Organizing Committee at the addresses below.

Organizing Committee

Polish Speed Skating Association

Al. Wojska Polskiego, 17

01-515 Warszawa

Phone: +48

E-Mail: ectomaszow2019@pzls.pl

Results and other information from the competitions will be posted on the following website:

www.pzls.pl/ec2019-en/